

UNDER ARMOUR.

FITNESS



TRAIN HERE.

PERFORMANCE CENTER

the **BASEBALL**  
**WAREHOUSE**

# ELITE ATHLETE TRAINING PROGRAM



Athletes receive an **individualized program** designed for their needs and the demands of their sport. Every athlete is taken through a **performance assessment** prior to the start of their training program. Programs are created to **improve performance** by building *strength* and *power*, increasing speed, and address commonly injured areas of the body.

## PRICING

1 SESSION/WEEK - \$175  
2 SESSIONS/WEEK - \$275  
3 SESSIONS/WEEK - \$325  
UNLIMITED - \$339

## TRAINING SCHEDULE

(AGES 12+)  
MONDAY - 6PM  
WEDNESDAY - 1PM, 6PM  
FRIDAY - 1PM, 6PM  
SUNDAY - 10AM

\*Siblings: 15% total discount on all Sports Performance training for families with multiple siblings.

\*Training sessions expire 60 days after purchase

**SIGN UP:** EMAIL ANDREW MURCIA AT [ANDREW.MURCIA49@GMAIL.COM](mailto:ANDREW.MURCIA49@GMAIL.COM)